

Abstract

Title: The influence of elements of synchronized swimming on technique of the selected swimming strokes

Objectives: The objective of the thesis is to assess the effect of the elements of synchronized swimming at improving the techniques of swimming.

Methods: The results were detected by overt observation with active participation and subsequent scaling on the ordinal scale 1 to 5.

Results: The results show that the influence of the elements of synchronized swimming on improving the technique of the selected swimming strokes is significant and improves overall technique of the selected swimming styles.

Keywords: synchronized swimming, technique of swimming strokes, didactics of swimming, young school age